

WIDER RECOMMENDATION OF NATURAL MEDICINAL LEMON TO THE PUBLIC.

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Since ancient times, people have used lemons not only as food, but also as medicine. Thus, the ancient Chinese came up with a method to drive away unpleasant and bad spirits, which have a mysterious effect on the home atmosphere, and bring good. For this, they soaked nine lemon peels in water and then sprinkled this water in every room of the house and on everything. By the way, the Chinese name of lemon - limung - is translated as a word that means "good for mothers". Later, lemons were used for other purposes. In Rome in the 1st century BC, lemons were used in baking, adding this product to food as a garnish. Lemons were chewed to give a good smell to the nose, and the juice was used to enrich honey and wine. The Romans carried lemons with them because they thought they had great health benefits. They did the same thing under Louis XVI. Court ladies used to rub their lips with lemon juice, which in turn made the lips shine and shine. In the Middle Ages, there was a saying: it was believed that whoever keeps a lemon in his house, it will protect him from snakes and poisonous snake bites. Currently, lemon is the most common remedy, because it has a great advantage over other remedies. It is not a problem to buy a lemon and grow it at home in an ordinary city. It tastes better than some sour drugs, and it helps the body, in general, when other chemical drugs affect the painful point and harm others, it does the opposite. Lemon is both medicinal and a collection of vitamins and is just a useful product. Using lemons saves money, because lemons can be used to make inexpensive, but very useful, medicines that are no less expensive than the expensive vitamins and drugs that are widely advertised on television and in the press today. Using lemon can save time for people who hate or don't have time to boil medicinal herbs. If you can't sleep because you have to do some important work, then eat lemon and you will feel

refreshed and sleepy. If you want to get rid of excess weight, lemon will help you here too, because it gives a feeling of satiety without adding calories.

Lemon is a set of vitamins necessary for the human body and has many medicinal properties, thanks to which this medicine has been used in folk medicine since ancient times. The role of lemon is very large in cosmetology, and in baking it has no equal. Useful properties, excellent taste, ease of use and quick availability - all this ensures the popularity of lemon.

The healing properties of lemon it became known almost only recently after studying its chemical composition. In any case, its usefulness has been noted by sailors who sail for long periods of time at sea. The sailors were convinced that lemon fruit, taken with them on the expedition, would prevent a serious disease - scurvy.

Lemon contains up to 8% organic acids (basic, citric), up to 3% sugar; magnesium, iron, phosphorus, copper, sodium, potassium, zinc, manganese, fatty acids (saturated, polyunsaturated and monounsaturated), phytoncides, vitamins C (ascorbic acid), A, E, V (thiamine), There are V (riboflavin), V (pantonic acid), RR (niacin, nicotinic acid), R (citric). Deficiency of the latter substance leads to broken capillaries and associated bleeding, subcutaneous blood disorders, leg pain, weakness, fatigue, and even brain dysfunction. Vitamin R is necessary for various trophic ulcers, hemorrhoids and vascular diseases. In addition, citric allows the body to fully absorb ascorbic acid. Vitamin A is responsible for the health of skin layers and mucous membranes, maintaining good eyesight. Vitamins of the B group relieve depression, insomnia, nausea and insomnia.

But the most abundant vitamin in lemons is vitamin C, which is involved in saturating the skin, which is necessary for metabolism. Ascorbic acid strengthens the immune system, helps protect against colds and infections, removes excess cholesterol from the body, and protects the skin from early wrinkles. It is an excellent protective layer of the skin against environmental influences and premature aging is an antioxidant. After all, ascorbic acid remains in its roots during the whole winter season, while lemons and blackcurrants, with the presence of vitamin C in their composition, survive.

The peel and leaves of the fruit contain essential oil, and its peel also contains terpenes and bioflavonoids, which maintain the strength of thin capillaries.

With their help, you can get rid of "star" blood vessels on the face.

Lemon juice contains pectins that can remove toxins and slags from the human body. Pectins help prevent oncological and heart muscle diseases.

Citric acid, mentioned above, has the ability to kill microbes and bacteria, like any organic acid, so lemon juice can also be used to disinfect water. It is known that even a

small amount of lemon juice can prevent cholera vibrio, paratyphoid, dysentery, etc. as it can eliminate its triggers.

Lemon can be used as a medicine against 500 viruses calculated by natural scientists. Lemons and beets are among the most natural preventive medicines against viral diseases, including the flu and cancer.

Essential oils of lemon have strong antiseptic and bactericidal properties. By scientific experimental methods, scientists have found that double essential oils of lemon can prevent meningococci in 15 minutes, typhoid bacteria in approximately one hour, and pneumococcus in 3-12 hours. Essential oil itself prevents staphylococcus and typhoid bacteria in 15 minutes, and diphtheria bacillus in 20 minutes.

Ingesting the essential oil of lemon (and other citrus fruits) elevates mood, invigorates and improves mental balance. You can use over-the-counter essential oils, or you can simply inhale fresh lemon and orange peels. Inhaling essential oil vapor has been reported to improve vision. Do not be offended if lemon or orange juice splashes into the eyes, because it is only good for the eyes.

Fresh lemon peel reduces stomach irritation; the acidity in its composition improves the digestion process. Due to its aseptic properties, it cleanses the blood and stomach.

Alcoholic infusions of lemon peel stimulate the appetite, calm the nerves, and are a good anti-nausea remedy. It is not for nothing that lemon and its preparations did not cure seasickness and toxicosis of pregnant women in the past and ancient ages.

Essential oils of lemon, fresh and dried lemon peel, lemon syrup are used to improve the taste of sour medicines.

Lemon stimulates the appetite, activates digestion and has a general strengthening effect. It activates the production of digestive juices and enzymes in the mucous stomach, and with its help, the body can better absorb calcium and iron.

There is an opinion that people with high levels of lemon boils are strictly prohibited. This idea is wrong, because the sour taste is achieved by organic acids that are not stored in lemon cells, that is, they do not increase acidity. On the contrary, the consumption of enough lemons by humans at all times it creates cells in the body that allow to lower the high boiling point in the body. Lemon juice mixed with water should be consumed in order to get rid of acidity in the blood.

Lemon and lemon juice can be used as a disinfectant for rinsing the throat and mouth.

You can also use lemon juice for the surface. It can be used to stop nosebleeds and other skin diseases. It prevents itching of the scalp, whitens the skin and removes freckles.

Lemon juice is used to fight itching and other skin diseases caused by pests.

Lemon, like other citrus fruits, reduces the process of pus in the body, and is especially good for the liver. Drinks prepared from lemon help to remove unnecessary substances from the liver. Protecting the body from toxins, lemon lowers high temperature when a person is sick.

Folk medicine with the help of lemons treats various diseases, including pulmonary tuberculosis, scurvy, hepatitis, kidney-stone disease, heart disease, stomach, hemorrhoids, rheumatism, prosthesis, and hakoza.

In Italian folk medicine, a tincture made from lemon peels and herbs is used to treat malaria.

Medicines prepared from lemons are effective treatment and preventive measures against metabolic diseases, hypovitaminosis and avitaminosis, atherosclerosis, diabetes and other diseases.